

## Let's Move! Child Care Checklist Quiz

### Tool for Providers that Serve Infants, Toddlers, Preschoolers

Welcome to the Checklist Quiz! Answer the questions to see which *Let's Move!* Child Care goals you are meeting and which goals you need to work towards. Let's get started.

The *Let's Move!* Child Care Checklist Quiz is an online, interactive tool available on the *Let's Move!* Child Care website at: [www.healthykidshealthyfuture.org](http://www.healthykidshealthyfuture.org). While this paper version of the tool has been made available for your use, we encourage you to use the online version. By doing so, you can receive your Provider Recognition Award when you meet the 5 *Let's Move!* Child Care goals and inform *Let's Move!* Child Care of your accomplishments.

<b>(1) Drinking water is available:</b>	<input type="checkbox"/> When children ask for water	<input type="checkbox"/> During designated water breaks and when children ask for water	<input type="checkbox"/> Inside at all times	<input type="checkbox"/> Inside and outside at all times
<b>(2) 100% fruit juice is offered:</b>	<input type="checkbox"/> In unlimited portions more than once a day	<input type="checkbox"/> 2 or more times per day, but limited to 4-6 oz. each occasion	<input type="checkbox"/> No more than 4-6 oz. per day	<input type="checkbox"/> No more than 4-6 oz. per day and parents are encouraged to support this limit
<b>(3) Sugary drinks (fruit drinks, sports drinks, sweet tea, soda) are offered:</b>	<input type="checkbox"/> More than once a month	<input type="checkbox"/> Less than 1 time per month	<input type="checkbox"/> Rarely, 1-2 times per year	<input type="checkbox"/> Never
<b>(4) Milk served to children ages 2 years and older is:</b>	<input type="checkbox"/> Whole or regular	<input type="checkbox"/> Only 2% reduced fat	<input type="checkbox"/> Always 1-2% low-fat	<input type="checkbox"/> Always 1% or skim/non-fat
<b>(5) Fruit (not juice) and/or a vegetable (not including French fries, tater tots, hash browns) is offered to toddlers and preschoolers at every meal:</b>	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Some of the time	<input type="checkbox"/> Most of the time	<input type="checkbox"/> All of the time
<b>(6) Fried or pre-fried potatoes (French fries, tater tots, hash browns) are offered to toddlers and preschoolers:</b>	<input type="checkbox"/> 2 or more times per week	<input type="checkbox"/> 1 time per week	<input type="checkbox"/> Less than 1 time a week	<input type="checkbox"/> No more than once a month
<b>(7) Fried or pre-fried (frozen and breaded) meats (chicken nuggets) or fish (fish sticks) are offered to toddlers and preschoolers:</b>	<input type="checkbox"/> 2 or more times per week	<input type="checkbox"/> 1 time per week	<input type="checkbox"/> Less than 1 time a week	<input type="checkbox"/> No more than once a month

<b>(8) Preschooler meals are served family style (children are encouraged to serve themselves with limited help):</b>	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Some of the time	<input type="checkbox"/> Most of the time	<input type="checkbox"/> All of the time
<b>(9) Active play time (indoor and outdoor) is provided to all preschool children, including children with special needs:</b>  <i>Please note, response options assume full-day programs; however, equivalents for half-day programs are included in parentheses.</i>	<input type="checkbox"/> 45 minutes or less each day (half-day programs: less than 30 minutes)	<input type="checkbox"/> 46-90 minutes each day (half-day programs: 30-45 minutes)	<input type="checkbox"/> 91-119 minutes each day (half-day programs: 46-59 minutes)	<input type="checkbox"/> 120 minutes or more each day (half-day programs: 60 minutes or more)
<b>(10) Active play time (indoor and outdoor) is provided to all toddlers, including children with special needs:</b>  <i>Please note, response options assume full-day programs; however, equivalents for half-day programs are included in parentheses.</i>	<input type="checkbox"/> 30 minutes or less each day (half-day programs: 15 minutes or less)	<input type="checkbox"/> 31-45 minutes each day (half-day programs: 16-22 minutes)	<input type="checkbox"/> 46-59 minutes each day (half-day programs: 23-29 minutes)	<input type="checkbox"/> 60 minutes or more each day (half-day programs: 30 minutes or more)
<b>(11) For preschool children, the total amount of screen time:</b>  <i>Please note, response options assume full-day programs; however, equivalents for half-day programs are included in parentheses.</i>	<input type="checkbox"/> Is not limited	<input type="checkbox"/> We strive to achieve at child care is 2 hours or less per week (half-day programs: less than 1 hour per week)	<input type="checkbox"/> We strive to achieve at child care is 1 hour or less per week (half-day programs: less than 30 minutes per week)	<input type="checkbox"/> We strive to achieve at child care is no more than 30 minutes per week, and we work with parents/ caregivers to ensure that children have no more than 1-2 hours per day (half-day programs: less than 15 minutes per week)
<b>(12) Parents of preschool children are offered screen time reduction and/or media literacy education (e.g., special programs, newsletters, or information sheets):</b>	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Less than 1 time per year	<input type="checkbox"/> 1 time per year	<input type="checkbox"/> 2 times per year or more
<b>(13) Toddlers and infants are allowed to watch television/videos:</b>	<input type="checkbox"/> 1 or more times each day	<input type="checkbox"/> 2-4 times per week	<input type="checkbox"/> 1 time per week or less	<input type="checkbox"/> No more than 3-4 times per year or never
<b>(14) A designated area for mothers to breastfeed their infants, other than a bathroom, is:</b>	<input type="checkbox"/> Not available	<input type="checkbox"/> Only available upon request	<input type="checkbox"/> Always available, has appropriate seating, but lacks privacy	<input type="checkbox"/> Always available, has appropriate seating, and provides complete privacy

The *Let's Move!* Child Care Checklist Quiz is based on the Nutrition and Physical Activity Self-Assessment for Child Care (NAP SACC) program. Quiz development was led by Dr. Dianne S. Ward, with the assistance of her research team, including Temitope Erinsho, Christina McWilliams, Amber Vaughn, Chris Ford, and Phil Hanson; and in consultation with the Centers for Disease Control and Prevention and expert reviewers, including (in alphabetical order) the Carolina Global Breast Feeding Institute, Marsha Dowda, Sybille Kranz, Sara Switzer, Stewart Trost, and Heather Wasser.

## **Let's Move! Child Care Action Plan**

### ***Tool for Providers that Serve Infants, Toddlers, or Preschoolers***

Use this material to create an action plan that goes along with the goals you identified from the Checklist Quiz. Your action plan should reflect your unique needs to best help you, your center, or your home achieve its goals.

#### **STEP 1: Choose the practices that you want to target**

##### **Beverages**

- Make drinking water visible and available inside and outside for self-serve
- Limit 100% fruit juice to 4-6 oz. per day per child and encourage parents to support this limit
- Eliminate all sugary drinks, including fruit drinks, sports drinks, sweet tea, and soda
- Serve children 2 years and older only 1% or skim/non-fat milk

##### **Food**

- Serve a fruit (not juice) and/or a vegetable (not including French fries, tater tots, or hash browns) to toddlers and preschoolers at every meal
- Eliminate fried or pre-fried potatoes such as French fries, tater tots, and hash browns
- Eliminate fried or pre-fried (frozen and breaded) meats (chicken nuggets) and fish (fish sticks)
- Serve all meals to preschoolers family style so that children are encouraged to serve themselves with limited help

##### **Physical Activity**

- Provide preschoolers, including children with special needs, with 120 or more minutes of active play time every day, both indoor and outdoor
- Provide toddlers, including children with special needs, 60-90 minutes or more of active play time every day both indoor and outdoor

##### **Screen Time**

- Strive to limit preschoolers at child care to no more than 30 minutes of total screen time per week, and work with parents/caregivers to ensure that children have no more than 1-2 hours per day
- Limit screen time for toddlers and infants to no more than 3-4 times per year or never
- Provide parents of preschoolers screen time reduction and/or media literacy education such as special programs, newsletters, or information sheets, 2 or more times per year

##### **Infant Feeding**

- Provide breastfeeding mothers access to a private room for breastfeeding or pumping, other than a bathroom, with appropriate seating and privacy

## STEP 2: Create your Action Plan

Action Plan Steps	Person Responsible (People & resources that could help)	Target Date for Completion
<b>Goal:</b>		
<b>Goal:</b>		
<b>Goal:</b>		
<b>Goal:</b>		